

ABSTRACT

IDENTIFICATION OF FUNCTION IN MAINTENANCE OF SMOKING CESSATION

The purpose of this study is to investigate the induction and long-term maintenance of smoking cessation on college campuses. Carbon monoxide measurement has been proven to be an effective measure of smoking behavior, and was used as the primary measurement in this study. A functional behavioral interview was conducted with participants to detect secondary functions of smoking behavior. Four participants were split into two groups. The first group received a treatment consisting of a shaping phase followed by an abstinence induction phase (Dallery & Glenn, 2005). The second group received a shaping phase followed by habit-reversal training. All four reached abstinence (less than 4 ppm). Both of the participants in the abstinence induction group maintained abstinence through a 1-month follow-up. One member of the habit-reversal group maintained abstinence through the 1-month follow-up. Potential reasons for these differences are discussed.

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